

Southern Kennebec Healthy Start Community Forum Outputs

CHILDREN ENTER SCHOOL LOVABLE, CAPABLE, HEALTHY AND SECURE

1. What do children do who are lovable, capable, healthy and secure

- a. Share
- b. Resolve conflict with words
- c. Focus
- d. Problem solve
- e. Say positive things
- f. Survive separation from parents and survive separation from school
- g. Empathize
- h. Know their address
- i. Know phonics, letters, literacy
- j. Enjoy reading
- k. Connect with adults, trust adults
- l. Interact
- m. Feeling eager to learn and trust
- n. Handle routine structure
- o. Handle time out
- p. Follow directions

2. What works for difficult to reach families

- a. Be authentic
- b. Camping trip organization
- c. Modeling resilience
- d. Provide positives
- e. Sense of Humor
- f. Optimism "Listen
- g. Meanings "flexible learning style"
- h. Continuity in relationships
- i. Reflect values relationships
- j. Perspective
- k. Go to their home
- l. "Real foods" 6 session group
- m. Provide settings for "resilience"
- n. Nurture "scaffold"
- o. Individualize
- p. Struggle with best fit for group
- q. Safety to be authentic
- r. Flexibility is good
- s. Confidence in skill /knowledge re adult / family learning styles in relationships
- t. Focus on mutual agendas, let them share in leading and join
- u. Meaningful beyond checklist relationship
- v. "tune in" to support

- w. Parents do the best they can at the time
- x. Reflective supervision – listen to staff struggling with stress of trying to be successful, authentic, etc.
- y. Reachable goals
- z. Use team approach multi-levels
- aa. Keep kids in focus
- bb. Individualized training for management
- cc. Ability to make some exceptions
- dd. Find ways to use data
- ee. Fiscal stability – safe to play
- ff. Do unto others the way you would like them to do unto others
- gg. Support gardening

SK Healthy Start Creative Collaboration Ideas - April 30, 2009 ***Rank***

7	Preschool activities for homeless shelter families	17
9	Big community garden with transportation including supplies, match and outreach to families	17
5	Tangible to mail out to families highlighting resiliency	14
6	Next steps with Mark's work - add xxx training and use tools and strategies	8
10	Welcoming new dads at elementary schools	7
12	Build before and after resiliency skill sheet and incorporate it in what we choose.	5
3	Coordinate community services thru neighborhood schools for gardening, nutrition, clothes	3
2	Visit Day Nursery schools and talk about ACES to open doors	1
1	Health care Access	
4	Agencies have \$ to make programs healthier (better foundation to model)	
8	Parent focus groups to identify needs	
11	Evening parent /child playgroups at Children's Center	

Priorities for the Mini grants

1. *Big community garden \$750*
 - a. *SKCDC lead*
 - b. *Disseminate the "how to" via workshop and website*
 - c. *Bring in other families and consider Augusta garden*
2. *Homeless shelter Resources \$150*
 - a. *Purchase CDM pass and use other agencies passes*
 - b. *Hold a mini forum on what to do to help these families, consult with KVCAP*
 - c. *Transportation to garden*
3. *Tangible mailing with resiliency tips to Healthy futures \$100*
 - a. *Research existing documents and post on web for other agencies*